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Another hectic few months

As you read on, you'll realise that there's been no shortage of activity since our last newsletter back in the Autumn. I'm sure you'll be glad to see the snow and ice has left us and the days now lengthening. However it doesn't seem any time at all since the...

End of an Era Celebration on 2nd October 2009.

On a beautiful warm Autumn day, residents, staff present and past, along with friends of Mrs. Ellen White and family members gathered to celebrate her retirement, achievements and the legacy she has left to Sunbury Nursing Homes.



Her gentle, loving and resolute leadership, her dedication and love to residents and staff over many decades will be missed. Yet with the foundations Mrs. White has left by her work and example we look forward with hope to the future.



The turnout was tremendous and Mrs. White was given many touching tributes. We are truly fortunate to have such a caring and loving team of staff.

More Autumn Highlights:

Harvest Festival & Campfire Songs

Our residents always enjoy visits and concerts from the local school children. This Autumn children from Chenestone School celebrated Harvest Festival with our residents bringing in Harvest Boxes and treating residents to



a concert by the school choir. The Scouts and Beavers also paid a visit entertaining residents with camp fire songs at an evening social.

Your Plaise or Mine?

Everybody loves a takeaway and we at Sunbury Nursing Homes are no exception. On Thursday 15th October a take-



away supper of fish and chips, along with the trimmings and hot mugs of tea was thoroughly enjoyed in the Conservatory. The evening was rounded off with a sing-song. Overall, a great evening - as Miss Hobbs commented "such a change, it was lovely!"



Things took an eerie turn as Halloween was celebrated in style. The conservatory looked fantastic, with decorations made by the residents and Mrs. Harmon, who also gave an informative talk on the origins of Halloween and then the party began!

London Calling

On the 28th of October Julie and Cheryl accompanied a group of residents on a sightseeing bus tour around London. The party enjoyed a drive alongside Embankment towards Parliament Square from which they then travelled on towards the London Eye then on to Buckingham Palace and past the Albert Hall. Great entertainment was had by residents (and staff!) guessing the names of buildings and bridges and what was going to be seen next. Along the way the group took a break and had a picnic in the splendor of Chiswick House.



Some of the residents' comments:

"It was nice to see all the places I used to visit with my husband"

"I'm so pleased I went. I really enjoyed seeing London."

"It was nice to sit back and enjoy being driven around and taking in all the sights"

"It's lovely to go out"

Lest we not forget..

Two of the residents, Doreen Pope and Stella Clancy, accompanied by Julie Nicoll and Rose Ann Smith along with Chris and Rachel paid their respects to those who gave their lives for others in the World Wars and those who survived and need our support now. The residents and staff ensured our heroes will not be forgotten. Julie had the honour of laying our poppy wreath at the war memorial in Green Street in the moving ceremony.

Remembering Guy Fawkes

This year Sunbury Nursing Homes had its very own fireworks display with George Zimmer in charge of the pyrotechnics. The evening had a really nice homely feel to it and everybody seem infused with the excited atmosphere. Most residents watched the display in the comfort and warmth of the Conservatory. Mrs. Harmon and the residents had constructed beautiful indoor bonfires which looked very atmospheric on all of the tables, and created the feeling of being round a crackling campfire whilst being kept warm and cosy while the air was scented with the mulled wine Dawn had prepared.

Some residents such as Mrs. Pope (right) wrapped up warmly and braved the cold outside and some had great fun writing their names with sparklers. Everybody enjoyed mulled wine or hot chocolate, to arm against the chill, followed by hot-dogs!



Having `mulled' everything over, all in all the evening was a `sparkling' success

“Deck the Halls” - Christmas 2009

It wasn't just the halls that were decked with boughs of holly as all the lounges and individual rooms were given a seasonal makeover with decorations and cards, many of which were made by the residents. There was plenty of celebrating with many a mince pie and glass of mulled wine (again—seems to be a recurring theme!) being enjoyed by residents, relatives and staff.

The Open Door Church and children from St. Ignatius came on different occasions to sing carols to the residents. It was enjoyable to hear such lovely music and it is always lovely to see new faces. *“I enjoyed it very much. It was lovely to see the children” said Stella Clancy while Brenda Hemus commented “It was so nice I was just so happy”.*

The annual Dinner Dance on December 17th yet again proved to be a really successful, sophisticated and glamorous evening. Everybody looked really fantastic in their evening-wear. The Conservatory looked absolutely beautiful, lit softly with candlelight. The food was exquisite, the music elegant and the atmosphere indescribable. Mrs. Higgins's grandsons started off the evening by singing to the residents before dinner and the evening finished off with a quiz and a raffle where everybody somehow managed to win a prize! As ever, the evening wouldn't have been anywhere near as good without the skills of Julie, Ingrid and Cheryl.

Michael Evenhuis (below) commented “I thoroughly enjoyed it and the food” (and wine as well maybe?)



Nancy Clare (right) said the evening was “absolutely wonderful”



Christmas day itself was a great celebration. As well as the traditional Christmas lunch, all residents were invited to take part in a big Christmas Quiz held in all the day rooms. There was also Christmas themed bingo which proved a hit! Those spending the day in the Conservatory were treated to a beautiful Nepali Dance.

Residents' Forum

The first meeting of our new Residents' Forum was held on the morning of December 15th. A group of Residents and a cross section of staff and management representatives met to listen to residents' views and to share ideas. Following introductions and a general discussion, sherry (must have run out of mulled wine!) and mince pies as well as tea and coffee were served and the group broke up into smaller, more informal discussion groups. A follow up meeting was held in January and was again considered a great success by those attending. Norma was able to report that many of the suggestions brought up at the first meeting had been implemented including Doreen Pope's suggestion of a Keep Fit class. Minutes of both meetings have been distributed to all residents and to any one else attending the forum.



'Wii-laxation' with Anna

Money raised from last year's Garden Party raffle was used to buy a Nintendo Wii games console. Anna has taken this under her wing and it has proved to be very popular with residents during group as well as individual sessions such as with Doris Paget (above).

A new decade dawns

The new year has started off in a lively manner including a new program of morning activities. Monday mornings have been greatly enhanced by the visits from the Bishop Wand sixth form pupils who have been leading activity sessions as part of their Sport in the Community studies. Crafts, games and the Nintendo Wii have all been on offer and the Wii boxing game was particularly enjoyed (see article below). Anna has led the residents through more conventional exercises in her new Keep Fit classes on Friday mornings while Julie's Cookery Club on Thursdays has the double benefit of an interesting morning activity followed by the enjoyment of sampling the delicacies at afternoon tea. Tuesday mornings remain a highlight for many of the home's avid readers when they meet with Mrs. Harmon for Book Club.



A visit by the entertainer Ray 'Mr. Hats' (above) was enjoyed by residents in the middle of January. Eileen Dryburgh (above left) certainly seems to have enjoyed his visit as did Beryl Ludbrook (above right) who, as you can see, must have had her dancing shoes on. The last Monday of the month was celebrated with a Pink Party organised by Ingrid Harmon in the Conservatory planned to drive away the Winter blues, which it certainly did.

Help for Haiti

It was proposed at the January meeting of the Residents' Forum that the nursing home might like to unite to raise funds for the people devastated in Haiti by the recent earthquake. This idea was eagerly taken up by those present and Lisa organised the first fund-raising event by opening the Montford Lounge Tea Room from 2.00pm to 5.00pm on January 28th. Staff and relatives alike baked and donated cakes for the event. A steady stream of visitors popped in for a cup of tea, a selection of cakes and a chat and generously donated to the Haiti Disaster fund. The event not only provided enjoyment to residents, their relatives and staff but also raised £250. Well done Lisa!

West Lodge "Bistro" opens to rave reviews

Our new dining facility, the West Lodge Bistro, opened for business on Wednesday 27th January. Lunch will be cooked and served here on a daily basis and will offer an alternative to the main menu provided for the rest of the home. The catering staff are planning the menus for this new facility with the residents attending thereby providing greater opportunity for individual tastes to be accommodated.

Activities Morning with Bishop Wand Students

Report from 12th January

What a fabulous morning of socialising and activities we have had!

Eight students from Bishop Wand Sixth Form will be visiting us on a Monday morning for the next six weeks as part of their course work. Their work with us will be an activities based program.

Today was their first day and they arrived eager and fully laden with among other things a giant Connect Four game right down to bottles of glitter and plenty of craft ideas. Residents from all wings were ready and eager to start. The students who were in groups of three split up. One group held an assortment of games ranging from Connect Four, Snakes & Ladders to Jenga. They explained how each game was played and also joined in with the residents. Some residents were able to help each other which made for great team spirit. Another group took Arts and Craft and came with examples already made along the theme of gearing up for Valentine's Day. Residents drew around templates, glued, glittered and the ideas were flowing as fast as the cups of tea. Some exceeded the heart shapes to produce fairies!! Residents with varying abilities were able to join in, some chose to supervise from the sidelines, giving plenty of input. The atmosphere was fun but busy with everyone ending the session with a smile of achievement.

"The craft activity was lovely, I really enjoyed it. It was very well organised and the students were very helpful"

We hope you enjoy our newsletter. If you have any comments about it or If you have something you would like included in a future newsletter, please let us know.

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